

WHAT IS CLAIMED IS:

1. A bumper for a motor vehicle, comprising:  
an outer bumper part; and  
an inner bumper part including a base part and at least one side crosspiece positioned at an angle to the base part, regions of a transition from the base part to the side crosspiece configured so that deformation of the inner bumper part occurs in a predetermined direction in response to a force applied to the bumper, the region of the transition from the base part to the side crosspiece including a ridge pointing in a desired direction of deformation.
2. The bumper according to claim 1, wherein the ridge includes a triangular cross-section.
3. The bumper according to claim 1, wherein the inner bumper part includes two side crosspieces.
4. The bumper according to claim 3, wherein the side crosspieces are aligned parallel to each other.
5. The bumper according to claim 3, wherein the side crosspieces are aligned substantially horizontal in an installed state.
6. The bumper according to claim 1, wherein the transition from the base part to at least one side crosspiece includes a radius.
7. The bumper according to claim 6, wherein the ridge is arranged in a region of the radius.
8. The bumper according to claim 1, wherein the ridge extends over a substantial part of a width of the inner bumper part.

9. A bumper for a motor vehicle, comprising:  
outer bumper part means; and  
inner bumper part means including base part means and  
side crosspiece means positioned at an angle to the base part  
means, the inner bumper part means including means in regions  
of a transition from the base part means to the side  
crosspiece means for deforming the inner bumper part means in  
a predetermined direction in response to a force applied to  
the bumper, the deforming means including ridge means pointing  
in a desired direction of deformation.